

National Education Policy – 2020
Common Minimum Syllabus for all U.P. State Universities / College
Home Science

Year	Semester	Course Code	Paper Title	Theory / Practical	Credits
B.A1	I	A130101T	Fundamentals of Nutrition and Human Development	THEORY	4
	I	A130102P	Cooking Skills and Healthy Recipe Development	PRACTICAL	2
	II	A130201T	Introduction to Clothing and Textile & Family Resource Management	THEORY	4
	II	A130202P	Clothing and Textile	PRACTICAL	4
B.A2	III	A130301T	Advance Nutrition and Human Development	THEORY	4
	III	A130302P	Human Development	PRACTICAL	2
	IV	A130401T	Housing and Extension Education	THEORY	4
	IV	A130402P	Resource Planning and Decoration	PRACTICAL	2
B.A3	V	A130501T	Surface Ornamentation of Fabrics	THEORY	4
	V	A130502T	Community Development & Programme Planning	THEORY	4
	V	A130503P	Community Transformation (Change)	PRACTICAL	2
	V	A130504R	Research Project-1	PROJECT	3
	VI	A130601T	Dietetics & Therapeutic Nutrition	THEORY	4
	VI	A130602T	Research Methodology and Gender Development	THEORY	4
	VI	A130603P	Therapeutic Diet Preparation & Nutrient Evaluation	PRACTICAL	2
	VI	A130604R	Research Project-2	PROJECT	3

Proposed Year Wise Structure of UG Program in Home Science
Program Outcomes (POs)

Certificate in Fundamentals of Home Science

B.A. First Year

Semester I	Name of Paper	Credits	No of Lectures
	Fundamentals of Nutrition and Human Development (Theory)	4	60
	Cooking Skills and Healthy Recipe Development (Practical)	2	30
	Total	6	90
Semester II	Name of Paper	Credits	Lectures
	Introduction to Clothing and Textile & Family Resource Management(Theory)	4	60
	Clothing and Textile (Practical)	2	30
	Total	6	90

B.A. Second Year : Diploma in Interior Design & Human Development

Program Specific Outcomes (PSOs)

At the end of program following outcomes are expected from students:

Develop sensitivity, resourcefulness, and competence to render service to enhance development of individuals, families, communities, and the nation at large.

Enhance abilities involved in acting as proactive agents of change in promoting the discipline of Family and Community Sciences.

Explore and decide upon viable avenues of self-employment and entrepreneurship. Learn more about human and community & relationship.

Semester III	Advance Nutrition and Human Development (Theory)	4	60
	Human Development (Practical)	2	30
	Total	6	90
Semester IV	Name of Paper	Credits	No of Lectures
	Housing and Extension Education (Theory)	4	60
	Resource planning & decoration (Practical)	2	30
	Total	6	90

B.A. Third Year: Degree in Bachelor of Arts

Program Specific Outcomes (PSOs)

- Programme is framed to encourage a genre of responsible students with a passion for lifelong learning and entrepreneurship. It also generate multi-skilled leaders with a holistic perspective that cuts across disciplines.
- Promote research, innovation and design (product) development favouring all the disciplines in Home Science.
- Enhance digital literacy and apply them to engage in real time problem solving and ideation related to all fields of Home Science.
- Appreciate and benefit from the symbiotic relationship among the five core disciplines of Home Science – Resource Management, Food Science and Nutrition, Clothing & Textiles, Human Development, Family Studies, Extension and Communication.
- After this degree programme students can be benefitted by getting jobs in various fields like government sector, working with NGOs, as an extension worker, education etc. and also they can feel the sense of entrepreneurship as well.

Semester V	Name of Paper	Credits	No. of Lectures
	Surface ornamentation of fabrics (Theory)	4	60
	Community development & programme planning (Theory)	4	60
	Community transformation (Change) Practical	2	30
	Research Project 1	3	45
	Total	13	195
Semester VI	Name of Paper	Credits	No. of Lectures
	Dietetics and Therapeutic Nutrition (Theory)	4	60
	Research Methodology and Gender Development (Theory)	4	60
	Therapeutic Diet Preparation and Nutrient Evaluation (Practical)	2	30
	Research Project 2	3	45
	Total	13	195

B.A. I Semester I Home Science Paper 1
Fundamentals of Nutrition and Human Development (Theory)

Programme/Class: Certificate	Year: 1	Semester: 1
Subject: Home Science		
Course Code: A130101T	Course Title: Fundamentals of Nutrition and Human Development	
<p>Course outcomes: The student at the completion of the course will be able to:</p> <ul style="list-style-type: none"> • Prepare the students to understand physiology based courses • Students will get familiar with different methods of cooking • Acquaint students with practical knowledge of nutrient rich foods • Explain the need and importance of studying human growth and development across life span Identify the biological and environmental factors affecting human development. • Learn about the characteristics, needs and developmental tasks of infancy & early childhood years 		
Credits: 4	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures-60		
Units	Topic	No of Lectures
I	Introduction to Human body- Cell, its structure and functions, digestive system-overview of gastro-intestinal tract, structure and functions of stomach, liver, gall bladder and pancreas	8
II	Cardiovascular system- structure of heart, blood pressure- definition and factors affecting it. General overview of respiratory passage-structure & functions, structure of lungs & its functions	8

III	Food and Nutrition - definition, classification and functions of food. Nutrition- concept of nutrition & types of nutrition Nutrients-macro and micro nutrients, sources, functions and effects of deficiency.	10
IV	Methods of cooking, their advantages & disadvantages and effect on nutritive value during cooking. Traditional methods of enhancing nutritional value of food-germination, fermentation, supplementation, fortification & enrichment	4
PART B		
V	Introduction to Human Development: <ul style="list-style-type: none"> • Concept, definition and scope of human development • Stages of development, principles of growth and development • Determinants of development- heredity and environment 	6
VI	Definitions of puberty, menstruation cycle, conception, fertilization, implantation, ova, sperm & menopause, sign & symptoms of pregnancy <ul style="list-style-type: none"> • Stages of prenatal development- zygotic, embryonic & foetal stages. • Types of delivery (natural, c-section, breech) • Physical appearance & care of new-born baby • Factors affecting pre-natal development. 	8
VII	Development from birth to 6 years (infancy to early childhood period) <ul style="list-style-type: none"> • Physical and motor development. • Social and emotional development 	10

VIII	<p>PLAY (Pre-school age to early childhood period)</p> <ul style="list-style-type: none"> • Definitions, characteristics, importance and types of play • Common behavioural problems among children and their remedies 	6
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Suggested Readings:

- Dr. Brinda Singh, Manav Sharir evam Kriya Vigyan Panchsheel Prakashan, Jaipur;2015 ,15th Ed.
 - Chatterjee, C.C , “Human Physiology” Medical Allied Agency ; Vol I , II .
 - Text Book of Biology for 10+2 Students (NCERT)
 - Sumati R Mudami, “Fundamentals of food Nutrition and Diet Therapy” , New Age International Pvt. Ltd, New Delhi , 6th Ed. (2018)
 - Punita Sethi and Poonam Lakda , “Aahar Vigyan, Suraksha evam Poshan” ; Elite Publishing House, New Delhi ;2015
 - Dr. Anita Singh, Aahar Evam Poshan Vigyan, Star Publications, Agra
 - Dr. Devina Sahai, Aahar Vigyan, New Age International Publishers, New Delhi Berk, L.E. Child development New Delhi: Prentice Hall (2005)(5th ed.).
 - Berk L.E. Child Development Allyn and Bacon 1992 (6th) Edition.
 - Aadhunik Vikasatmak Manovigyan , Shri Vinod Pustak Mandir Agra Edition 3rd 2015
- Suggestive digital platforms web links-ePG-Pathshala, IGNOU & UPRTOU online study material Svayam Portal
- <http://heecontent.upsdc.gov.in/Home.aspx>

This course can be opted as an elective by the students of following subjects: Open for all The eligibility for this paper is 10+2 with any subject

Suggested Continuous Evaluation Methods:

- Seminar/ Presentation on any topic of the above syllabus
- Test with multiple choice questions/ short and long answer questions Attendance

B.A. I Semester I Home Science Paper 2
Cooking skills and healthy recipe development (Practical)

Programme/Class: Certificate	Year: 1	Semester: 1
Subject: Home Science (Practical)		
Course Code: A130102P	Course Title: Cooking skills and healthy recipe development	
Course outcomes:		
<ul style="list-style-type: none"> • Students will get familiar with different methods of cooking • Acquaint students with practical knowledge of nutrient rich foods 		
Credits: 2	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lab Periods-30		
Unit	Topic	No. of Lab. periods
I	Basic cooking skills <ul style="list-style-type: none"> • Weighing of raw materials • Preparing of different food items before cooking 	06
II	Preparation of various recipes using different methods of cooking <ul style="list-style-type: none"> • Boiling /steaming • Roasting • Frying – deep/shallow • Pressure cooking • Hot air cooking/baking 	08
III	Different styles of cutting fruits and vegetables <ul style="list-style-type: none"> • Salad decoration 	04

IV	Preparation of nutrient rich recipes <ul style="list-style-type: none"> • Protein rich recipes -4 • Carbohydrate rich recipes-4 • Fat rich recipes -2 • Vitamins rich recipes -4 • Minerals recipes -4 • Fibres recipes -2 	12
Suggested Readings: <ul style="list-style-type: none"> • Dr. Brinda Singh, Manav Sharir evam Kriya Vigyan Panchsheel Prakashan, Jaipur;2015 ,15th Ed. • Dr.Nitu Singh, PrayogikGrihVigyan, SahityaPrakashan, Agra • Chatterjee, C.C, “Human Physiology” Medical Allied Agency; Vol I, II . • Text Book of Biology for 10+2 Students (NCERT) • Sumati R Mudami, “Fundamentals of food Nutrition and Diet Therapy”, New Age International Pvt. Ltd, New Delhi , 6th Ed. (2018) • Punita Sethi and Poonam Lakda, “Aahar Vigyan, Suraksha evam Poshan” ; Elite Publishing House, New Delhi; 2015 		
This course can be opted as an elective by the students of following subjects: Open for all		

Suggested Continuous Evaluation Methods:

- Test with multiple choice questions/short and long answer questions
- Menu planning and calculation of nutrient requirement
- Nutritive value calculation of various nutrient rich dishes

Course prerequisites: To study this course, a student must have had the subject in class/12th/certificate/diploma.

Suggested equivalent online courses

IGNOU and other centrally/state operated Universities/MOOC platforms such as

“SWAYAM” in India and abroad., <http://heecontent.upsdc.gov.in/Home.aspx>

Further Suggestions:

Students may develop their cooking skills with new healthy recipe development after completion of this course and even start their own food service center.

B.A. I Semester 2 Home Science Paper 1 Introduction to Clothing & Textiles & Family Resource Management (Theory)

Programme/Class: Certificate	Year: 1	Semester: 2
Subject: Home Science		
Course Code: A130201T	Course Title: Introduction to Clothing and Textiles & Family Resource Management (Theory)	
Course outcomes: <ul style="list-style-type: none"> • Learn about scope of textile and clothing • Understanding why fabrics are different • Learn how fabrics can be manufactured • Understand basic clothing concepts and garment making • Learn the family resource management as a whole. • Understand the Decision making and use of resources throughout the Family life cycle. • Gain knowledge about Time, Money & Energy as a Resource. • Appreciate Household Equipment's for work simplification 		
Credits: 4	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures- 60		
Unit	Topic	No. of Lectures
	PART A	
I	Introduction a) Introduction to clothing and textile (b) Its importance in day-to-day life (c) Scope (d) Classification of textile fiber on the basis of their sources (e) General properties of fibres: primary and secondary	6
II	Manufacturing/processing- properties and uses of (a) Cellulosic fibres-cotton, linen (b) Protein fibres-wool, silk (c) Synthetic/manmade fibres-nylon, rayon.	10
III	Yarn to Fabrics (a) Definition, types & properties of yarn (b) Different fabric construction techniques: weaving, knitting, felting, braiding, non-woven (c) Loom-parts and process of weaving (d)Types of weaves: basic and decorative	8

IV	Clothing construction and selection (a) Tools for clothing construction (b) Introduction to sewing machines and its maintenance, (c) Importance of drafting and paper pattern (d) Fabric preparatory steps for stitching a garment - preshrinking, layout, pinning, marking and cutting. (e) Selection of ready made garments for different age, season, income, occupation and occasion	6
Part B		
V	Introduction to Home Management: (a) Basic concepts, purpose and obstacles of management. (b) Process of management – planning, organizing, controlling and evaluation. (c) Motivating factors in management – values, goals and standards – definition and classification.	8
VI	Resources, Decision making & family life cycle: (a) Meaning and characteristics of resources (b) Types and factors affecting the use of resources. (c) Steps and role of decision making in management. (d) Stages of family life cycle.	6
VII	Time & Energy Management: (a) Time and energy demand during various stages of family life cycle, (b) guideline of time, energy management, work-curve, types of fatigue Work Simplification and Household Equipments: (a) Meaning and techniques of work Simplification, (b) Mundell’s Classes of Change	8
VIII	Money Management: (a) Family income, sources of income & expenditure. (b) Preparation of family budget in view of family income. (c) Saving-purpose of saving and different investing schemes in bank and post office (d) E-banking: Online banking using different apps, precautions during online banking	8

B.A. I Semester 2 Home Science Paper 2
Clothing & Textiles and Resource Management (Practical)

Programme/Class: Certificate	Year: 1	Semester: 2
Subject: Community and Life Science (Home Science)		
Course Code: A130202P	Course Title: Clothing and Textiles (Practical)	
Course outcomes: <ul style="list-style-type: none"> • Ability to identify fibres and fabrics • Understanding why fabrics are different • Learning basic Sewing skills • Learn how garments are stitched 		
Credits: 2	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lab Periods-30		
Unit	Topic	No. of Lab. periods
I	Identification of fibres and fabrics (a) fibre identification tests- visual, burning and microscopic test of natural and synthetic fibres (b) prepare different types of weave using paper (c) Stain removal by different methods	10
II	Clothing construction (a) drafting, cutting and stitching of child's bodice block and sleeves. (b) Adaptation to bodice block into "gathered frock" with puff sleeves for 3-years old girl.	6
III	Filling of following slips, forms of banks and post office. (a) Account opening in banks and post office (b) withdrawal slip (c) various types of cheques (d) making fixed deposits	8
IV	E-banking- Download and usage of different payment apps (BHIM – UPI, Paytm, Google Pay, Phonepe etc.)	6

Suggested Readings:

- Cutting Tailoring and Dress Making: National open School, B-31-B Kailash Colony, New Delhi – 1100048.
- R Bhatia & C Arora (1999), Introduction to Clothing and Textile, Printed by Macho Printery, Raopura, Baroda.

Suggested Readings

- Colbmen P Bernard: Textiles Fiber To Fabric
- Hollen & Saddler: Introduction To Textile
- Joseph M: Introduction To Textiles
- Trotman: Textile Fiber Science
- Cutting Tailoring And Dress Making: National open School, B-31-B Kailash Colony, New Delhi – 1100048.
- Khanuja, Reena (2018) Grah Vyavastha avam Grah Sajja. Agrawal Publications, Agra ISBN: 978-93-81124-96-3
- R Bhatia & C Arora (1999), Introduction To Clothing And Textile, Printed by Macho Printery, Raopura, Baroda.
- Complete Guide To Sewing By Reader's Digest: published by The Reader's Digest Association
(Canada) Ltd. Montreal-Pleasantville, NY, 2002.
- Moorthy G. (Ed.). (1985). Home Management. N. Delhi.: Arya Publishers, Mullick, P. Text book of
Home science. Ludhiana.: Kalyani Publishers.
- Nickell, P., and Dorsey, J, M. (2002). *Management in Family Living*. New Delhi:
CBS Publishers (ISBN13: 9788123908519)
- Patni Manju & Sharma Lalita, Grah Prabandh, Star Publications Agra.
- Varma , Pramila. Vastra Vigyaan Avam Paridhan:Madhya Pradesh Hindi Granth Academy,Bhopal.
- Varghese, M. A, Ogale, N. N and Srinivasan, K. (2001). Home Management.
<http://heecontent.upsdc.gov.in/Home.aspx> ,

Suggested Continuous Evaluation Methods:

- Seminar on any topic of the above syllabus.
- Test with multiple choice questions/ short and long answer questions.
- Attendance

B.A. 2 Semester 3 Home Science Paper 1
Advance Nutrition and Human Development (Theory)

Programme/Class: Diploma	Year: 2	Semester: 3
Subject: Home Science		
Course Code: A130301T	Course Title: Advance Nutrition and Human Development (Theory)	
<p>Course outcomes:</p> <p>The student at the completion of the course will be able to:</p> <ul style="list-style-type: none"> • Create an awareness about importance of healthy meal at various stages of life cycle • Inculcate healthy eating practices among students • Develop skill of meal planning for different physiological groups • Explain the physical & psychological changes during middle childhood, adolescent and adulthood stage. • Identify the biological and environmental factors affecting personality. • Learn about the characteristics, needs and developmental tasks of Middle childhood years, adolescent & adulthood stage. 		
Credits: 4	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures-60		
Unit	Topic	No of Lectures
I	Meal planning- definition, importance, factors affecting meal planning, balanced diet, Recommended Dietary Allowances (RDA) definition, factors affecting balanced diet	07
II	Nutrition during infancy and childhood- nutritional requirement, RDA and diet plan	07
III	Nutrition during adolescence, adulthood and old age. nutritional requirement, RDA and diet plan	08
IV	Nutrition during special condition pregnancy and lactation, nutritional requirement, RDA and diet plan.	08

V	<p>Middle childhood years:-</p> <ul style="list-style-type: none"> • Developmental tasks and characteristics of middle childhood period • Physical and motor development • Social & emotional development • Cognitive development • Language development 	8
VI	<p>Puberty and Adolescence</p> <ul style="list-style-type: none"> • Developmental tasks and characteristics • Significant physical physiological and hormonal changes in puberty. • Self and identity, factors influencing identity & personality development. • Family and peer relationship <p>Problems – drug and alcohol abuse, STD, HIV/AIDS, teenage pregnancy.</p>	8
VII	<p>Cognitive, language and moral development during adolescence:</p> <ul style="list-style-type: none"> • Perspective on cognitive development, development of intelligence and creativity • Adolescent language • Adolescent morality 	7
VIII	<p>Introduction to adulthood:</p> <ul style="list-style-type: none"> • Concept, transition from adolescence to adulthood • Developmental tasks of adulthood • Physical and physiological changes from young adulthood to late adulthood • Responsibilities and adjustments of educational, occupational, marital and parenthood 	7

B.A. 2 Semester 3 Home Science Paper 2
Human Development Practical (Practical)

Programme/Class: Diploma	Year: 2	Semester: 3
Subject: Community & Essential Science (Home Science)		
Course Code: A130302P	Course Title: Advance human development (Practical)	
Course outcomes: <ul style="list-style-type: none"> • Learn to cope up with adolescent and adulthood programs • Understand and handle development related issues more efficiently. • Able to know human behaviour. • Understand individual differences. 		
Credits: 2	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of lab periods –30		
Unit	Topic	No of Lectures
I	Diet Planning and Preparation of Following:- i. Childhood Period ii. Adolescent Period iii. Adulthood Period iv. Pregnancy Period v. Lactation Period	8
II	Preparation of any five weaning food	8
III	Five recipes of school lunch.	7
IV	Five recipes of millets.	7

Suggested Readings:

1. Monaster G.J. 1 Adolescent Development Life Tasks. Mc.Graw Hill (1977).
 2. Ambron S.R. Child Development Holt, Rinehart and Winston 1978 (IIInd Edition).
 3. Mussen P.H. Conger J.J. Kagan J and Huston A.C. 1990. Child Development and Personality (VI Edition) Harper and Row Publishers New York.
 4. Boeknek G. Human Development Brook and Cole Publishing Company 1980.
 5. Aadhunik Vikasatmak Manovigyan , Shri Vinod Pustak Mandir Agra Edition 3rd 2015
- Suggestive digital platforms web links- ePG- Pathshala, inflibnet,IGNOU & UPRTOU online study material.

Svayam Portal, <http://heecontent.upsdc.gov.in/Home.aspx>

Suggested Continous Evaluation Methods:

- Assessment of observation report.
- Preparation of questionnaire.
- Visits Records.
- Attendance

B.A. 2 Semester 4 Home Science Paper 1
Housing & Extension Education (Theory)

Programme/Class: Diploma	Year: 2	Semester: 4
Subject: Home Science		
Course Code: A130401T	Course Title: Housing & Extension Education (Theory)	
Course outcomes: <ul style="list-style-type: none"> • Grasp knowledge of housing need & selection of site in real life situations. • Comprehending housing plans for residential purpose. • Appreciate principles of design and the contributing factors to refine personal aesthetic senses. • Learn the widening concepts of Extension Education. • Develop understanding for effective teaching and learning. • Comprehend the various effective communication methods. • Gain skills to use technologically advanced audio-visual aids. 		
Credits: 4	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures- 60		
Unit	Topic	No. of Lectures
I	Housing: Needs of a house, difference between house & home, way to acquire house (own & rented). Factors influencing selection and purchase of house and site for house building.	8
II	House Planning: Principles of house planning, planning different residential spaces in a house. Planning house for different income groups.	6
III	Interior Designing: Introduction to interior designing. Importance of good taste. Objectives of interior decoration. Elements of design – line, shape, texture, color, pattern, light & space. Principle of design- proportion, balance, rhythm, emphasis, harmony.	9

IV	Home decors: Furniture, furnishings (curtain, draperies, floor coverings, wall ceiling, lighting, accessories (wall painting, mirrors, wall art, sculpture & antiques, flower arrangements) etc.	7
PART B		
V	Extension Education: Meaning, concepts, objectives, scope, principles, philosophy of extension education. early extension efforts in India. Formal & Non-formal education.	8
VI	Extension teaching & Learning: Role and qualities of an extension worker. Steps in extension teaching process, criteria for effective teaching & learning.	7
VII	Communication & extension teaching methods: Definition, importance, characteristics, elements, Extension Teaching Methods- Classification, factors guiding the selection & use of extension teaching methods.	8
VIII	Audio- visual Aids: Definition, importance, classification, selection, preparation & effective use of audio-visual aids.	7

Suggested Readings:

- Khanuja, Reena (2018) Grah Vyavastha avam Grah Sajja. Agrawal Publications, Agra ISBN: 978-93-81124-96-3
 - Patni Manju & Sharma Lalita, Grah Prabandh, Star Publications Agra.
 - Cherunilam, F., & Hedggade, O. D. (1987). Housing in India. Bombay: Himalaya Publishing House.
 - Craig, H.T. and Rush, O.D. (1966). Homes with Character. Heath, 1966.
 - Faulkner, R. & Faulkner, S. (1961) Inside Today's Home. Rev. ed. © Holt, Rinehart & Winston, Inc.
 - Goldstein. H & Goldstein V. (1954). Art in Everyday Life Macmillan Publishers.
 - Rutt, A.H. (1963) Home furnishing. John Wiley & Sons, Inc.;
 - Supriya, K.B. (2004). Landscape gardening and designing with plants. Pointer Publishers.
 - Teresa, P. Lanker. (1960). Flower Arranging: Step-by-step Instructions for Everyday Designs. Florist Review
 - Aggarwal, R. (2008). "Communication- today and tomorrow", New Delhi.: Sublime Company
 - Dubey V.K, Srivastava Archana, Agrawal Garima, Grah Vigyan Prasar Avam Sampreshan. Star Publications Agra.
 - Harpalni B.D. Patni.Manju, (Prasar Shiksha Avam Sanchar) Star Publications, Agra. ISBN 978-93-81246
 - Shaw Geeta Pushp, Shaw Jois Sheela, Prasar Shiksha , Vinod Pustak Mandir Agra. ISBN 81-7457-104-3
 - Dahama, O.P., & Bhatnagar, O.P.[1998]. "Education and Communication for Development". New Delhi. - Oxford and IBH Publishing Co. Pvt.Ltd.
 - Jaipal Singh." Prasar Shiksha avam Gramin Vikas" SR Scientific Publications, Agra
 - Reddy, A. [1987]. "Extension Education". Bapatha, Andra Pradesh, India.: Sreelekshmi Press.
 - Supe A.N. (1983). An introduction to Extension Education. Delhi: Oxford IBH Publishing
2. Suggestive digital platforms weblinks- <http://heecontent.upsdc.gov.in/Home.aspx>

Suggested Continuous Evaluation Methods:

- Seminar / presentation on any topic of the above syllabus.
- Test with multiple choice questions/ short and long answer questions.
- Preparation of audio-visual aids.
- Attendance.

Further Suggestions:

It widens the scope for students to join Government and Non-Government organization upskilling the people at different levels as per their socio-economic structure. Extension work will speed up the (1) Man Environment; (2) Basic structures (Gram Panchayat, Village School and Cooperative Societies) etc.

B.A. 2 Semester 4 Home Science Paper 2
Resource Planning & Decoration (Practical)

Programme/Class: Diploma	Year: 2	Semester: 4
Subject: Community and Essential Science (Home Science)		
Course Code: A130402P	Course Title: Resource Planning and Decoration (Practical)	
Course outcomes: <ul style="list-style-type: none"> • Developing skills for making time plan for effective balance of work & leisure. • Plan & prepare budget for the family. • Incorporate appropriate work simplification in using household equipments. • Develop understanding for house planning & decoration. 		
Credits : 2	Core Compulsory / Elective	
Max. Marks : 25 + 75	Min. Passing Marks:	
Total No. of lab.periods- 30		
Unit	Topic	No. of lab. periods
I	Preparation of time plans for self and family. Drafting family budget for different income groups.	8
II	Market survey of household equipments- (pressure cooker, toaster, gas stove, mixer & grinder, refrigerator, washing machine, microwave), comparison of different brands & their prizes	8
III	Draw house plans standard specifications & furniture layout.	7
IV	<ul style="list-style-type: none"> • Preparation of color wheels & color schemes. • Flower arrangement & floor decoration (rangoli) 	7

Readings:

- Alexander, N.J., (1972). Designing Interior Environment. New York: Harcourt
- Brace, Bhargava, B. (2005). Family Resource Management and Interior Decoration, Jaipur: Apple Printer and V. R. Printers.
- Johanovich Inc. Ball, V. K. (1982). Art of Interior Design. New York: John Wiley & Sons.
- Mohanty, A.B. (1985). Guide to House Buildings. New Delhi: Inter India Publications Patni Manju & Sharma Lalita, Grah Prabandh, Star PublicationsAgra.

Suggestive digital platforms weblinks-

- bit.ly/3fJfghi
- <https://bit.ly/39mTwGQ>
- <https://bit.ly/2JoXB2e>
- <https://bit.ly/3lkrWf>.

Svayam Portal, <http://heecontent.upsdc.gov.in/Home.aspx>

Suggested Continuous Evaluation Methods:

- Assessment of time-energy, budget & house plans.
- Assessment of market survey records.
- Assessment of flower arrangements and rangoli.
- Attendance.

Further Suggestions:

Students may develop their managerial skills & Interior designing skills after completion this course with the capability to opt for a job or start their own ventures. The program giving an opportunity to advancement their knowledge by enrolling for advanced specialized program of their own area of need & interest.

B.A. 3 Semester 5 Home Science Paper 1
Surface Ornamentation of fabrics(Theory)

Programme/Class: Graduation	Year: 3	Semester: 5
Subject: Home Science		
Course Code: A130501T	Course Title: Surface ornamentation of fabrics (Theory)	
Course outcomes: <ul style="list-style-type: none"> • Knowing why fabrics look differently • Identify the different techniques of fabric from surface Learn about finishes done on fabrics • Knowing about dyeing fabrics • Learn how printing on fabrics is carried • Knowing the traditional embroideries of India • Identifying traditional textiles of different states • Knowing the importance of appropriate laundry method 		
Credits: 4	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures- 60		
Unit	Topics	No. of Lecture
I	Techniques of Creating variety on fabrics (a) weaving (b) finishes of fabrics (c) dyeing of fabrics (d) printing of fabrics (a) embroidery and other decoration methods	8
II	Finishes (a) Definition and aims of finishes. (b) Types of finishes – basic, chemical and mechanical (c) Purpose and process of finishes - bleaching, singeing, scouring, sizing, tentering, mercerization, calendaring, sanforization, beatling, shearing, glazing, schreinerizing, moireing, embossing, napping, craping, water proof & fire proof finishes.	8
III	Dyeing (a) classification of dyes- natural v/s synthetic, advantages and limitations Use of natural dyes, dyeing methods and factors affecting dying of fabrics	6

IV	Printing - duplex, blotch, block, screen, stencil, roller transfer printing, discharge printing, resist printing batik & tie & die	8
V	Traditional embroideries: (a) Meaning and status of traditional craft India, (b) Knowing about the traditional embroideries of different states e.g. Zardozi, Kashida of Kashmir, Phulkari of Punjab, Kantha of Bengal Chikankaris, Kasuti of UP, Sindh and Kutch work of Gujarat.	8
VI	Traditional textiles: Knowing the traditional textiles of different states of India (a) Woven fabrics- baluchars, brocades, kashmir carpets, patola, ikat, pochampalli, chanderi (b) Printed, painted and dyed-sanganeri, bhagru, kalamkari, madhubani, bandhani.	8
VII	Water (a) Water and its uses in textile industry (b) Hardness and removal of hardness of water. Care and selection of fabrics	6
VIII	Laundry and dry cleaning of fabrics and garments (a) methods of Laundry and Dry cleaning (b) Dry cleaning process (c) reagents of laundry-blues, bleaches, optical brighteners, stiffening agents (d) types of soaps and detergents (e) cleaning action of soaps and detergents.	8

Suggested Readings:

- Marsh JT: Textile Finishes
 - J. Hall: The Standard Hand Book Of Textiles, Wood Head Publication, 2004
 - J.E. Smith: Textile Processing –Printing, Dyeing, Abhishek Publishing, 2003
 - Naik.D. Shailiaja:Traditional Embroideries Of India, New Age International Publishers, 1996
 - Naik.D. Shailiaja, Jacquie.A.Willson: Surface Designing Of Textile Fabrics, New Age International Publishers,2006
 - Bhargav, Bela. Vastra Vigyaan, Univ. Book House Pvt. Avam Dhulai Kala,University Book House
 - Pvt Ltd. Jaipur
 - Patni .Manju, Vastra Vigyaan Avam Paridhan ka Parichay ,Star Publications, Agra.
- Suggestive digital platforms weblinks- Swayam Portal,

<http://heecontent.upsdc.gov.in/Home.aspx>

Suggested Continuous Evaluation Methods:

- Seminar on any topic of the above syllabus.
- Test with multiple choice questions/ short and long answer questions.
- Subjective long questions

B.A. 3 Semester 5 Home Science Paper 2
Community Development & Programme Planning (Theory)

Programme/Class: Graduation	Year: 3	Semester: 5
Subject: Home Science		
Course Code: A130502T	Course Title: Community Development & Programme planning. (Theory)	
Course outcomes: <ul style="list-style-type: none"> • Understand the Community Development dynamics & organizing system for Development. • Create awareness about the various development programmes. • Identify the leadership pattern in the community. • Impart skills to implement, monitor & evaluate programmes. 		
Credits: 4	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures- 60		
Unit	Topics	No. of Lecture
I	Community Development: Meaning, definition, functions, objectives, principles of community development programme in India.	8
II	Community Development Organization: Meaning, types, principles, role & administrative structure at the national, state, district, block & village levels.	8
III	Home Science Extension Education in Community Development: origin, concept, need, importance and contribution of Home Science extension education in national development.	7
IV	Recent development Programme for Women & children: Support to Training & Employment for Women (STEP), Swarn Jayanti Gram Swarajgar Yogna (SGSY), Integrated Child Development Services (ICDS) etc.	7
V	Support Service of Youth Development: NCC, NSS, Youth Camp, Youth Clubs etc.	7

VI	NGO & others: Contribution towards community services, Types & role of NGO - WHO, CARE, UNICEF, UNESCO, UNDP, CRY, HELP-AGE INDIA.	8
VII	Leadership: concept, definitions, types, importance, function and role of community leaders.	7
VIII	Programme planning: Programme planning component cycle and its components- (i) Implementation. (ii) Monitoring and evaluation.	8

Suggested Readings:

- Clark John. (1991). Voluntary Organizations: Their Contribution to Development. London: Earth Scan
- Dahama, O.P., & Bhatnagar, O.P. “Extension & Rural Welfare”. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
- Ghosh Bhola Nath, (1996), “Rural Leadership & Development” Mohit Publications, New Delhi.
- Julie Fisher. (2003). Governments, NGO’s and the Political Development of the Third World. Jaipur: Rawat Publications
- Mohsionnadeem, (1985), “Rural Development through Government Program” Mittal Publications New Delhi.
- Manju Patni & Harpalini, (2018) Prasar Shiksha avam sanchar, Star Publications, Agra. Reddy, A [1987]. “Extension Education”. Bapatha, Andra Pradesh, India.:
- Sreelekshmi Press.
- Ravi Shankar Kumar Singh. (2003). Role of NGO’s in Developing Countries (Potentials, Constraints and Policies). New Delhi: Deep & Deep Publications (P) Ltd

Suggestive digital platforms weblinks

- <https://bit.ly/3l3Ayaj>
- <https://bit.ly/35RnyAi>
- <https://www.un.org/en/universal-declaration-human-rights/>
- <https://www.un.org/womenwatch/daw/cedaw/text/econvention.htm>
- <https://www.ohchr.org/EN/ProfessionalInterest/Pages/CRC.aspx>
- <https://www.undp.org/content/undp/en/home/sustainable-development-goals.html>
- <https://bit.ly/39ROD8X>
- <https://www.unicef.org/>
- <https://www.who.int/about>
- <https://www.careindia.org/>

This course can be opted as an elective by the students of following subjects: Open for all

Suggested Continuous Evaluation Methods:

- Seminar on any topic of the above syllabus.
- Test with multiple choice questions/ short and long answer questions.

Attendance.

Course prerequisites: To study this course, a student must have had the subject ALL in class 12th

B.A. 3 Semester 5 Home Science Paper 3
(Practical)

Programme/Class: Degree	Year: 3	Semester: 5
Subject: Home Science		
Course Code: A130503P	Course Title: Community Transformation (Change). (Practical)	
Course outcomes: <ul style="list-style-type: none"> • Address & resolve women & family related issues. • Make use of Audio-visual aids in planning & conducting group communication Understand the role of Government bodies in development of the community. • Organizing people for their own development. 		
Credits: 2	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures- 30		
Unit	Topics	No. of Lecture
I	Tie & dye and screen Batik Printing	8
II	Block and Screen Printing	8
III	Prepare the use of Audio-visual aids. – Chart, Poster, Flash cards pamphlets & puppet	8
IV	Survey work on women and could related problems / issues at community level	6

Suggested Readings:

- Mondal Sagar, Misra OP (2018) “Fundamentals of Extension education & Rural Development”, Kalyani Publications, New Delhi.
- Mortiss PD (1988) Agricultural Extension- Practical Manual” Department of Primary Industries, Queens Land Government.
- Pradhan.K. Varaprasad.C (2018) Glimpses of Practical in Extension Education, New India Publishing Agency. New Delhi
- Jaipal Singh.” Prasar Shiksha avam Gramin Vikas” SR Scientific Publications, Agra

Suggestive digital platforms weblinks- <https://bit.ly/3922ZTH>

Svayam Portal, <http://heecontent.upsdc.gov.in/Home.aspx>

Six Samples of Traditional everyday

This course can be opted as an elective by the students of following subjects: Open for all

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Suggested Continuous Evaluation Methods:

- Assessment of Audio-visual Aids and their use.
- Assessment of techniques and communication skills.
- Assessment of Educational Plan and Visits Record.
- Attendance.

Course prerequisites: To study this course, a student must have had the subject ALL in class 12th

B.A. 3 Semester 5 Home Science Paper 4

Project work

Programme/Class: Graduation	Year: 3	Semester: 5
Subject: Community and Life Science (Home Science)		
Course Code: A130504R	Course Title: Project work	
Course outcomes: <ul style="list-style-type: none">• Learns to communicate with community around• Learns to prepare a survey/interview schedule• Becomes sensitized to problems being faced in community Increases awareness of candidate.		
Credits: 3	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures- 45		
Unit	Topics	No. of Lecture
I	Survey/Assignment of community services surrounding living area of the candidate. The Candidate has to explore the surroundings and study /identify problem in any one of the following. It many include field work or on any one area /crèche/ nursery school/ hospital/ fitness center / boutique / balwadi / primary school/ vridha ashram (old age home)/ village panchayat / school councillor/ SHGs/ bank schemes/ subsidies available/ Industry producing consumer goods play way school, primary school, hospitals vridhaashram, (oldage home) restaurants, anganbadi centres, krishi vigyan kendra, orphanages,	45
This course can be opted as an elective by the students of following subjects: Open for all		

Suggested Continuous Evaluation Methods:

Prepare Survey or tool on any one of the above areas
Collection of data related to the area.
A letter certifying the authenticity of work done from the mentor
Report of the identified problems and survey conducted.

Course prerequisites: To study this course, a student must have had cleared the 4th semester

Assignment – Or of fabrics

B.A. 3 Semester 6 Home Science Paper 1
Dietetics And Therapeutic Nutrition (Theory)

Programme/Class: Certificate	Year: 3	Semester: 6
Subject: Home Science		
Course Code: A130601T	Course Title: Dietetics And Therapeutic Nutrition	
Course outcomes: 1- Gain knowledge of principles of diet therapy 2- Develop and understand modification of the normal diet for therapeutic purposes 3- Practical knowledge of dietary management in some common disorders		
Credits: 4	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures-60		
Unit	Topics	No. of Lectures
I	Introduction a) Definition of health, dietetics and therapeutic Nutrition b) Importance of diet therapy c) Facts about fast foods/junk foods d) Objectives of therapeutic diet e) Principles of diet therapy	6
II	Diet and feeding methods a) Modification of normal diets for therapeutic purposes b) Methods of modification <ul style="list-style-type: none"> • On the basis of nutrients • On basis of consistency c) Different feeding methods <ul style="list-style-type: none"> • Oral feeding • Tube feeding – nasogastric, gastrostomy, jejunostomy • Parenteral feeding / intravenous feeding <ul style="list-style-type: none"> ➤ Peripheral Parenteral Nutrition (PPN) ➤ Total Parenteral Nutrition (TPN) 	8

<p style="text-align: center;">III</p>	<p>Energy Metabolism</p> <p>a) The calorific value of food</p> <p>b) Measurement of energy exchange in the body</p> <ul style="list-style-type: none"> • Direct calorimeter • Indirect calorimeter <p>c) Factors influencing the Basal Metabolic Rate (BMR)</p> <p>d) Factors influencing the total energy requirement</p>	<p style="text-align: center;">6</p>
<p style="text-align: center;">IV</p>	<p>Diet during fevers and infections</p> <p>a) Introduction to fever – acute fever, chronic fever – causes, symptoms and dietary modification.</p> <p>b) Kidney diseases : Acute renal failure and chronic renal failure. – causes, symptoms and dietary modification.</p>	<p style="text-align: center;">8</p>
<p style="text-align: center;">V</p>	<p>Diet during Digestive system disorders</p> <p>a) Peptic ulcers–causes, symptoms and dietary modification</p> <p>b) Diarrhoea, constipation and dysentery– causes symptoms, and dietary modification</p>	<p style="text-align: center;">8</p>
<p style="text-align: center;">VI</p>	<p>Weight Management</p> <p>a) Overweight and Obesity : causes, symptoms and dietary modification</p> <p>b) Underweight:</p> <ul style="list-style-type: none"> • Causes, symptoms and dietary modification 	<p style="text-align: center;">6</p>
<p style="text-align: center;">VII</p>	<p>Cardiac Disorders</p> <p>a) Atherosclerosis – Causes, symptoms and dietary modification</p> <p>b) Hypertension: causes, symptoms and dietary modification.</p> <ul style="list-style-type: none"> • DASH diet 	<p style="text-align: center;">8</p>

VIII	<p>Endocrinal Disorders</p> <p>a) Liver diseases : Jaundice, infective hepatitis, cirrhosis, cholecystitis, cholelithiasis. – Causes, symptoms and dietary modification</p> <p>b) Diabetes Mellitus– causes, types, symptoms, metabolic changes and dietary modification</p>	10
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Suggested Readings:

- Sumati R Mudambi – “Fundamentals of food, Nutrition and Diet Therapy”, New Age International Pvt. Ltd, New Delhi, 6th Edition (2018).
- B Srilakshmi- “Dietetics” , New Age International Publishers, New Delhi 2017
- Bamji MS, Krishnaswamy K and Brahmam GNV(Eds) (2009), Text book of Human Nutrition, 3rd Edition , Oxford & IBH Publishing Co. Pvt. Ltd. New Delhi
- Dr. Brinda Singh- Aahar Vigyan evam Poshan, , Panchsheel Prakashan, Jaipur, 2015; 13th Ed.
- Dr.DevinaSahai, SamanyaEvamUpcharatmakPoshan, New Age International Publishers.
- Dr. Sheel Sharma, “Nutrition and Diet Therapy” PEEPEE Publishers and Distributers (P) Ltd. Delhi, 2014, Ist Ed.
- Shubhangini A Joshi, – “Nutrition and Dietetics”, Mc Graw Hill Education Private Ltd., New Delhi, 2013
- Kumud khanna– “Text book of Nutrition and Dietetics” , Elite Publishing House Pvt. Ltd, New Delhi, 7th Ed. 2013
- M Swaminathan – Essentials of food and Nutrition , Vol II, Applied Aspects, The Bangalore Printing and Publishing Co. Ltd, Bangalore, 2nd Edition 1985, Reprint 1997.

This course can be opted as an elective by the students of following subjects: Open for all

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<p>Suggested Continuous Evaluation Methods:</p> <ul style="list-style-type: none"> • Test with multiple choice questions/short and long answer questions • Menu planning and calculation of nutrient requirement • Seminar on any above topics
<p>Course prerequisites: To study this course, a student must have had the subject in class/ 12th /certificate/diploma.</p> <p>.....</p>
<p>Suggested equivalent online courses:</p> <p>IGNOU and other centrally/state operated Universities/MOOC platforms such as “SWAYAM” in India and abroad http://heecontent.upsdc.gov.in/Home.aspx</p>
<p>Further Suggestions:</p> <p>Students can opt. dietitian, nutrition advisor/ Nutritionist as a career in private and government sector as well as extend knowledge by joining advance course in same discipline.</p>
<p>At the End of the whole syllabus any remarks/ suggestions:</p> <p>.....</p>

Adulthood and Ageing and Research Methodology

B.A. 3 Semester 6 Home Science Paper 2

Research Methodology and Human Development (Theory)

Programme/Class: Degree	Year: 3	Semester: 6
Subject: Community & Essential Science (Home Science)		
Course Code: A130602T	Course Title: Research Methodology and Gender Development (Theory)	
<p>Course outcomes:</p> <p>The student at the completion of the course will be able to:</p> <ul style="list-style-type: none"> • Explain the concept and use of Research. • Develop a research proposal. • Learn about the data, sample and report writing. • Conduct survey. • To develop insight into the General issues of women. • To understand strategies for empowerment of women. 		
Credits: 4	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures-60		
Unit	Topics	No. of Lectures
	PART A	
I	Research:- definition, importance and scope of research, steps and types of research	6
II	Sampling : definition, types and limitations, hypothesis and it's types	6
III	<p>Data Collection:</p> <ul style="list-style-type: none"> • collection: primary & secondary data • Tools of Data collection: • Methods of data collection, presentation of data classification, tabulation & data analysis 	8

IV	<p>Report Writing</p> <ul style="list-style-type: none"> • Summary, conclusion and recommendations • Writing references • Writing process of research report: Formal style of writing, preface, chapterization, headings, tables and figures, appendices, bibliography and acknowledgement 	10
PART B		
V	<p>Women in development: Capacity Building for women education, decision making abilities, opportunities, awareness & information on social and legal issues.</p>	8
VI	<p>Women's Organizations & Collective Strength: Women's action groups and women's participation in development initiative.</p>	7
VII	<p>Employment Trends of women: Need for self-employment, opportunities & challenges in an organized and un-organized sector.</p>	7
VIII	<p>Entrepreneurship development to empower women: motivation, development of women entrepreneurs in India, schemes available to encourage women entrepreneurship. (a) Bhartiya Mahila Bank Business Loan (b) Annapurna scheme. (c) stree shakti package (d) Mudra yojana scheme for women. (e) Mahila udyam nidhi scheme.</p>	8

Suggested Readings:

1. C. R. Kothari: Research Methodology- Method and Techniques
2. R. Kumar: Research Methodology: A step by Step Guide for Beginners
3. M. H. Gopal: Introduction to Research Methodology for Social Sciences
4. Good, Carter, Scales and Douglas: Methods of Research
5. Bhasin, Kamla (2000). Understanding Gender. New Delhi. Kaali for Women.
6. Devi, Uma (1994). Women Work, Development and Ecology. New Delhi, Har-Anand Publications.
7. Krishna, Sumi (2007). Women’s Livelihood Rights: Recasting Citizenship for Development, New Delhi, Sage Publications.
8. Sohoni, K Neerj, (1994), Status of Girls in Development Strategies, New Delhi, HarAnandPublications.
9. Gundry Lisa K. & Kickul Jill R.,2007, Entrepreneurship Strategy: Changing Patterns in New Venture Creation, Growth, and Reinvention, SAGE Publications, Inc.
10. Taneja & Gupta, 2001, Entrepreneur Development- New Venture Creation, Galgotia PublishingCompany
11. Patni , Manju. Anusandhan Vigyaan , Star Publications, Agra.
12. Sudha, G.S. Vyavsayik Prabandh ke Siddhant avam Udyamita,RBD Publications.
13. Gupta ,U.C.Udyamita Vikas,Kailash Pustak Sadan, Bhopal
14. Gupta ,U.C.Udyamita Vikas,Kailash Pustak Sadan, Bhopal

Suggestive digital platforms web links- e-PG Pathshala – Inflibnet

This course can be opted as an elective by the students of following subjects: Open for all
The eligibility for this paper is 10+2 with any subject

Suggested Continuous Evaluation Methods:

- Seminar/ Presentation on any topic of the above syllabus
- Test with multiple choice questions/ short and long answer questions
- Attendance

Course prerequisites:

To study this course, a student must have had the subject ALL inclass12th. The eligibility for this paper is 10+2 with any subject

Suggested equivalent online courses:

IGNOU & Other centrally/state operated Universities/ MOOC platforms such as “SWAYAM” in India and Abroad.

Further Suggestions:

It widens the scope for students to join Government and Non-Government organization up skilling the people at different levels as per their socio-economic structure.

At the End of the whole syllabus any remarks/ suggestions:

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B.A. 3 Semester 6 Home Science Paper 3
Therapeutic Diet Preparation and Nutrient Evaluation (Practical)

Programme/Class: Certificate	Year: 3	Semester: 6
Home Science (Practical)		
Course Code: A130603P	Course Title: Therapeutic Diet Preparation and Nutrient Calculation	
Course outcomes: 1- Gain knowledge of principles of diet therapy 2- Develop and understand modification of the normal diet for therapeutic purposes 3- Practical knowledge of dietary management in some common disorders		
Credits: 2	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks	
Total No. of lab periods - 30		
Unit	Topic	No. of lab.periods
I	Modification of normal diet for therapeutic purposes- preparation and presentation	06
II	Therapeutic diet preparation and nutrient calculation of <ul style="list-style-type: none"> • Diet in fever • Diet in diarrhoea • Diet in constipation 	08
III	Therapeutic diet preparation and nutrient calculation of some common disorders <ul style="list-style-type: none"> • Diet in diabetes mellitus • Diet in hypertension • Diet in atherosclerosis 	08
IV	Dietary modification for weight management – Preparation and nutrient calculation of diet in <ul style="list-style-type: none"> • Overweight & obesity • Underweight 	08

Suggested Readings:

- Sumati R Mudambi – “Fundamentals of food, Nutrition and Diet Therapy”, New Age International Pvt. Ltd, New Delhi, 6th Edition (2018).
- B Srilakshmi- “Dietetics” , New Age International Publishers, New Delhi 2017
- Bamji MS, Krishnaswamy K and Brahmam GNV(Eds) (2009), Text book of Human Nutrition, 3rd Edition , Oxford & IBH Publishing Co. Pvt. Ltd. New Delhi
- Dr. Brinda Singh- Aahar Vigyan evam Poshan, , Panchsheel Prakashan, Jaipur, 2015; 13th Ed.
- Dr. Sheel Sharma, “Nutrition and Diet Therapy” PEEPEE Publishers and Distributers (P) Ltd. Delhi, 2014, 1st Ed.

This course can be opted as an elective by the students of following subjects: Open for all

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Suggested Continuous Evaluation Methods:

- Test with multiple choice questions/short and long answer questions
- Menu planning and calculation of nutrient requirement

Course prerequisites: To study this course, a student must have had the subject in class/12th/certificate/diploma.

Suggested equivalent online courses:

IGNOU and other centrally/state operated Universities/MOOC platforms such as “SWAYAM” in India and abroad Svayam Portal,

<http://heecontent.upsdc.gov.in/Home.aspx>

Further Suggestions:

Students can opt. dietitian, nutrition advisor/ Nutritionist as a career in private and government sector as well as extend knowledge by joining advance course in same discipline.

B.A. 3 Semester 6 Home Science Paper 4
Research Project

Programme/Class: Graduation	Year:3	Semester: 6
Subject: Community and Life Science (Home Science)		
Course Code: A130604R	Course Title: Research Project II	
Course outcomes: Learns to communicate with community around Becomes sensitive to needs of the society where she lives Tries with some intervention plan for problems faced in community Improves writing and presentation abilities of the candidate.		
Credits: 3	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures – 45		
Unit	Topics	No. of Lectures
I	The Candidate has to select and give inputs in any one of the following. Project/Survey It many include anganwadi / health services/ market / dairy/ agricultural farmland / NGO / crèche/ nursery school/ hospital/ Fitness center/ diet councillor/ Boutique/balwadi/ youth center/ primary school/ vridha ashram(old age home)/ divyang school/ mentally challenged institution/ village panchayat / school councillor/ dyeing or printing unit/ cottage level embroidery or food processing unit / SHGs/ bank schemes/ subsidies available/ industry producing consumer goods	12
II	An intervention plan would be developed based on problem identified in the area/ a field visit is mandatory to develop an understanding of the whole process.	11

III	The planned intervention to be carried in the selected area Based on the intervention, the pre-intervention state and post intervention data has to be collected and compared / based on visit and interaction the detailed indepth data has to be collected.	12
IV	A detailed report is to be submitted and evaluated.	10
This course can be opted as an elective by the students of following subjects: Open for all		
Suggested Continuous Evaluation Methods: <ul style="list-style-type: none"> • Prepared intervention plan on any one of the above areas Collection of data related to the area. • A letter certifying the authenticity of work done from the mentor • Report of the implemented plan and impact/experience of intervention. 		
Course prerequisites: To study this course, a student must have had cleared the 4th semester		